



Senior Lunch Sites – July 2009

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 ☆	3
	Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50	Navy Bean Soup/ Crackers Tuna Salad on Wheat Bread Lettuce & Tomato Pasta Salad Canned Fruit	4th of July Menu Hotdog on Bun w/ Onion/Relish/ Ketchup Baked Beans Potato Salad Apple Pie	Happy 4 th of July Senior Center Closed
6 ☆	7	8 ☆	9	10 ☆
Turkey Pot Roast w/ Gravy Peas & Carrots Rosemary Redskin Potatoes Wheat Roll Butterscotch Pudding	Vegetable Soup/ Crackers BBQ Pulled Pork Sandwich on Wheat Roll Coleslaw Canned Fruit	Egg Drop Soup/ Crackers Kung Pao Chicken Steamed Rice Asian Blend Vegetables Assorted Cookie	Salisbury Steak w/ Burgundy Sauce Mashed Potatoes Romaine Salad w/ Ranch Dressing 7 Grain Roll <i>*Jello</i>	Beef w/ Mushrooms Egg Noodles Chef Cut Vegetables Wheat Roll Seasonal Fresh Fruit
13 ☆	14	15	16 ☆	17
Pork Loin w/ Herb Gravy Yams w/ Marshmallows Green Peas Whole Wheat Roll Canned Fruit	Potato Soup/ Crackers Chicken Caesar Salad w/Dressing/ Croutons Wheat Dinner Roll Fruit Turnover	Stuffed Pepper Mashed Potatoes Green Salad w/ T. Island Dressing Multi-Grain Roll Tapioca Pudding	Minestrone Soup/ Crackers Roast Turkey w/ Gravy Stuffing Broccoli Florets Cinnamon Butter Streusel Cake	Meatball Stroganoff on Egg Noodles Mixed Vegetables Wheat Roll Seasonal Fresh Fruit
20	21	22	23	24
Chicken & Pork Sausage Jambalaya over Rice 4 Way Salad w/ Ranch Dressing Wheat Roll Fruit Salad	Beef Pot Roast w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fresh Fruit	Corn Chowder/ Crackers Fish w/ Lemon Butter Sauce Au Gratin Potatoes Chef Cut Blend Veg. Sliced Peaches	Birthday Party Chicken Chow Mein on White Rice Oriental Vegetables Chow Mein Noodles Cake	Tortilla Soup/ Crackers Beef Taco Salad w/ Chips, Sour Cream, Taco Sauce & Cheese Lettuce & Tomato Spanish Rice Flan
27	28	29 ☆	30	31
Meatloaf w/ Brown Gravy Duchess Potatoes California Blend Vegetables Whole Wheat Roll Cookie	Glazed Ham Yams w/ Marshmallows Brussels Sprouts Whole Wheat Roll Chocolate Pudding	Lentil Soup/ Crackers Cheeseburger on Bun w/ Lettuce/Onion/ Ketchup/Relish R. Redskin Potatoes Fruit Mix	Turkey ala King Egg Noodles Zucchini Salad w/ Italian Dressing Wheat Roll <i>*Jello</i>	Tomato Soup/ Crackers Chicken w/ Polynesian Sauce on Steamed White Rice Blended Vegetables Fresh Fruit

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All * desserts are *Sugar-Free*. 1% milk served daily. ☆ Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls

